

Free Support Groups



Join one of the support groups below to connect with folks and take care for your own physical and mental health.

Grief & Loss

AGES 18+

Grief & Loss

Weds | 2:00pm-3:00pm
VIRTUAL PROGRAM

Learn strategies to care for your own physical and mental health while mourning the loss of a loved one

COPING SKILLS

AGES 18+

Coping Skills

Mondays | 9:30am-11am
VIRTUAL PROGRAM

Recognize signs of toxic stress and learn new ways to make healthy changes

SOCIAL SKILLS GROUP

AGES 18+

Social Skills Group

Weds | 4:30pm - 6pm
IN-PERSON PROGRAM

Learn the necessary steps toward developing qualities of a healthier & resilient manhood

LIFE SINCE COVID

AGES 18+

Life Since COVID

Mondays | 2pm - 3pm
VIRTUAL PROGRAM

Improve well-being and socialization during these challenging times of the pandemic

MEN'S TRAUMA SURVIVORS GROUP

AGES 18+

Men's Trauma Survivors Group

Weds | 4:30pm - 6pm
VIRTUAL PROGRAM

Learn helpful steps toward developing qualities of a healthier & resilient man

LATINO/LATINX MEN'S GROUP

AGES 18+

Latino Men's Group

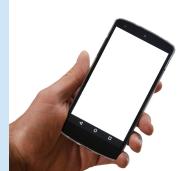
Weds | 11:30am - 1pm
VIRTUAL PROGRAM

Explore cultural identity, individual growth, and community building related to the Latinx community

For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to:

TALK TO
ME

Martin Rodarte, LCSW
He/Him/His
213-266-3432



Free Support Groups



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BLACK WOMEN'S SUPPORT GROUP

AGES 18+

Black Women's Support Group

Tuesdays | 11:30am - 1:00pm
VIRTUAL PROGRAM

Racism and racial trauma continues to affect the emotional and mental wellbeing of Black women who already face so many obstacles when it comes to receiving mental health treatment. The Black Women's Support Group helps Black women feel supported and understood in the shared experience of being a Black woman.

Gender Affirming Support Group

Mondays | 11:30am - 1:00pm
VIRTUAL PROGRAM

This support group offers a brave space for trans folx to connect. This group is for all gender diverse adults who would benefit from mutual support around navigating discrimination and hostility, uplifting each other, and building a meaningful life.

GENDER AFFIRMING GROUP

AGES 18+

For any questions or to register, call and leave a message with your name & number on a secure and confidential voicemail to:

**TALK TO
ME**

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Grupos de apoyo gratuitos



Si tienes una enfermedad grave o estás pasando por un cambio de vida estresante, no tienes que afrontarlo solo. Un grupo de apoyo puede ayudarte. Descubre cómo elegir el grupo adecuado.

MAYORES
18+

Dolor y Pérdida



Dolor y pérdida
Jueves | 2:00pm-3pm
Programa virtual

Aprenda estrategias para cuidar tu salud física y mental mientras esta en luto sobre la pérdida de un ser querido

MAYORES
18+

HOMBRES UNIDOS



Hombres Unidos

Miércoles | 11:30am - 1pm
Programa virtual

Explore la identidad cultural, el crecimiento individual y la construcción comunitaria relacionados con la comunidad Latino

MAYORES
18+

VIDA DESDE COVID



Vida desde COVID
Martes | 2pm-3:30pm
Programa virtual

Mejorar tu bienestar durante estos tiempos difíciles de la pandemia

MAYORES
18+

Grupo de hombres sobrevivientes de trauma
Miércoles | 4:30pm - 6pm
Programa virtual

Aprenda pasos útiles para desarrollar las cualidades de una vida más saludable y resistente

MAYORES
18+

HABILIDADES DE AFRONTAMIENTO



Habilidades de afrontamiento

Martes | 9:30am-11am
Programa virtual

Reconocer los señales de estrés tóxico y aprender nuevas formas de realizar cambios saludables



GRUPO DE HOMBRES SOBREVIVIENTES DE TRAUMA

Para preguntas o para registrarse, llame y deje un mensaje con su nombre y número en un correo de voz seguro y confidencial para:

Háblame

Martin Rodarte, LCSW
Él / Él / Su
213-266-3432

